



Readjustment Counseling Service

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Vet Center Mission

Provide readjustment counseling in a caring manner to eligible veterans and their families.

“To Care For Those Who Have Borne The Battle and Their Widow and Orphans...”

Abe Lincoln



Vet Center Goal

Provide a broad range of counseling, outreach and referral services, to help veterans make a satisfying post-war readjustment to civilian life.



Vet Center History

- Established by Congress in 1979 to help Vietnam era veterans experiencing readjustment problems cope with their issues
- After much success in serving Vietnam veterans, eligibility was opened to veterans of all combat eras

Eligibility



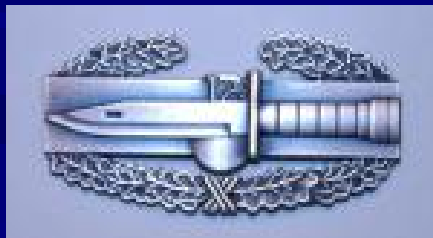
Global War on Terrorism
Expeditionary Medal



Afghanistan Campaign Medal



Iraq Campaign Medal



Combat Action Badge

- Veteran served in a combat zone and received a campaign ribbon
 - ✓ Must be on DD-214
 - ✓ Does not apply to Military Sexual Trauma
- Veterans/Retirees; Guard, & Reserve personnel
- Spouse & family of eligible personnel

Eligible Campaigns





Eligible Campaigns Continued...

- Global War on Terrorism
 - Operation Iraqi Freedom (OIF)
 - Operation Enduring Freedom (OEF)
 - Operation New Dawn (OND)





Eligible Campaigns

- WW II
 - Korea
 - Vietnam
 - OIF/OEF
 - OPN New Dawn
 - Operation Joint Endeavor,
 - Operation Joint Guard,
 - Operation Joint Force
- Lebanon
Grenada
Somalia
Bosnia/Kosovo

Vet Center Services



- Individual Counseling
- Group Counseling
- Sexual Trauma Counseling
- Marital/Family Counseling
- Bereavement Counseling
- Drug and Alcohol Referral
- Employment Guidance
- Benefits Assistance/Referral
- Liaison with VA & Community Resources





Sexual Trauma/Harassment Counseling

Any veteran who was sexually traumatized while serving in the military is eligible to receive counseling regardless of gender or era of service.



Bereavement Services



For surviving parents, spouses, children and siblings of service members who die while on active duty, to include federally activated Reserve and National Guard personnel.





Vet Centers

- 300 Vet Centers nationwide
- Located in all fifty states, District of Columbia, the US Virgin Islands, Puerto Rico, and Guam
- San Antonio, TX has two Vet Centers and a Mobile Vet Center (MVC)
- National CBT Call Center



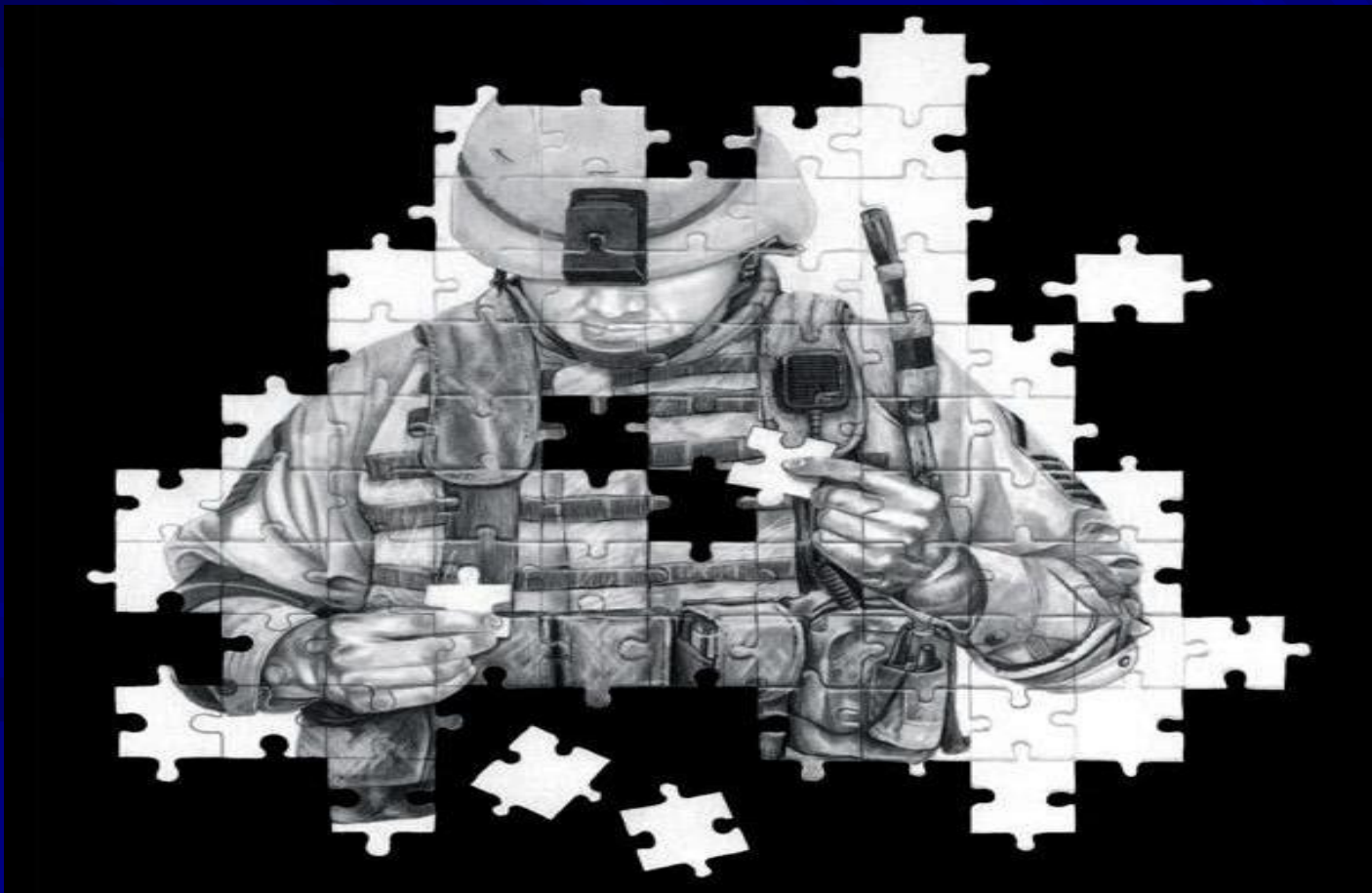
Veteran Friendly

- We are located within the community, not at a VA medical center or facility.
- 80% of staff are Veterans and Combat Veterans who can understand and relate to similar circumstances
- Evening & Weekend Hours



*The transition back to civilian life
can be very stressful*

The stress can become
overwhelming.





Veterans may experience...

Marriage,
relationship
problems

Medical
issues

Financial
hardships

Endless questions
from family and
friends

Guilt, shame,
anger

Lack of focus

Feelings of
isolation

Nightmares,
sleeplessness

Lack of
motivation,
forgetfulness



Schedule an Appointment

- Call the Vet Center to make an appointment
- Open Monday-Friday 0800-1630
- Walk-ins are accepted
- For more information on Vet Centers and their locations please visit

www.vetcenter.va.gov



Flexible Hours

Vet Center staff are willing to
work with you to ensure you
receive the services you've earned

We care. We Understand. We can help.



Common excuses for not seeking help.....

“I’m too embarrassed... I don’t want people to think I have PTSD!”

No information will leave the Vet Center without your written consent!





Other excuses.....

“It’s probably something I
cannot afford.”

“I can’t get time off from work.”



VA Benefit

Vet Center services
are available to eligible
veterans

- at no cost
- for the rest of your life



San Antonio Vet Centers

- The San Antonio Vet Center
9504 IH 35 N, Ste. 214
San Antonio, TX 78233
Phone: (210) 650-0422
- The NW San Antonio Vet Center
9910 W Loop 1604 N, Ste. 126
San Antonio, TX 78254
Phone: (210) 688-0606



Mobile Vet Center





Mobile Vet Center (MVC) Continued...

- Reach rural areas to provide
 - ✓ Readjustment counseling to combat veterans
 - Two confidential counseling sections
 - Handicap accessible
 - ✓ Or Patient Care
 - Two treatment sections Tele-Health
 - ✓ V- Satellite capabilities
 - ✓ Aid in Natural disasters
 - Four litters



*Thank you for your
sacrifice and thank
you for your service*

We care. We Understand. We can help.



Questions?

We care. We Understand. We can help.